

Band Virtual Learning

8th Grade Percussion

May 12, 2020



8th Grade Percussion Lesson: May 12, 2020

Objective/Learning Target: Students will:

- Think about how our society uses music to help people through hard times
- Develop a cursory glimpse into music therapy



Many people are struggling right now. Emotionally, physically, in many ways. Different people cope with stress in different ways. Some may <u>draw</u>; some may play games; talk to friends; listen to music... play music... Some may draw while listening to music. This week we will explore some aspects of <u>music therapy</u> and how some people use it to help with stress.



Take a moment....

What do you do to calm down/de-stress? Why do you think that helps you?

Write out your thoughts.



As with anything else, everyone has a different idea of what type of music calms them. What do you listen to for a calming effect?

- Blues
- Classical
- Country
- Heavy Metal
- Jazz
- Musical Theater
- Pop
- Rap
- Rhythm and Blues
- Rock



What ways can music help?

STRESS

Auditory Processing

MUSIC THERAPY CAN HELP WITH...

SPEECH Addiction POST TRAUMATIC SELF ESTEEM STRESS Academics **ANXIETY Heart Rate** Nausea Motor impairments GLIEF Memory Attention span WELLNESS COMMUNICATION Anger Management Insomnia Childbirth SENSORY PROCESSING FEAR Spatial Awareness Depression REHABILITATION Respiration COPING Socialization Articulation DIRECTION FOLLOWING Eye Contact ISOLATIO MusicalBridgesMT.com



Relaxing Music in Different Genres

Do any of these work for you?

Body Mind Zone

(Try having this one on in the background while doing school work)

Classic Rock Relax

Classical Piano

Fine Art Music and Painting



Relaxing Music in Different Genres

Relaxing Pop Music

Relaxing Country Music

Relaxing Jazz



Take a moment and listen to a song/songs that calm you.

Write out why you believe this type of music works best for helping you to stay calm and relaxed.